

Tools: Signs, Symptoms, and First Aid Treatment for Cold-Related Conditions

Signs, Symptoms, and First Aid Treatment for Cold-Related Conditions

Keep workers safe (and warm) by training them on the signs, symptoms, and first aid treatment for cold-related illnesses. You can download and edit this chart to share with your workers.

Condition	Signs & Symptoms	First Aid Treatment
Frostbite	<ul style="list-style-type: none">• Bluish or pale, waxy skin• Numbness or Tingling<ul style="list-style-type: none">• Stinging• Blisters	<ul style="list-style-type: none">• Get into warm room ASAP• DON'T rub affected area• DON'T use heating pad/heat lamp – can cause burns<ul style="list-style-type: none">• DON'T break blisters• Loosely cover and protect affected area from contact• Give victim warm, sweetened drinks
Trench foot	<ul style="list-style-type: none">• Reddening of skin<ul style="list-style-type: none">• Numbness• Leg cramps• Tingling pain<ul style="list-style-type: none">• Swelling• Blisters• Bleeding under skin• Foot turns dark purple, blue, or gray	<ul style="list-style-type: none">• Remove shoes, boots, wet socks<ul style="list-style-type: none">• Dry feet• DON'T let victim walk – this may cause tissue damage to the feet
Chilblains	<ul style="list-style-type: none">• Redness• Itching• Blistering• Inflammation• Ulceration	<ul style="list-style-type: none">• DON'T scratch• Slowly warm skin• Use corticosteroid creams to relieve itching and swelling• Keep blisters/ulcers clean and covered

<p>Hypothermia</p>	<p><u>Early Symptoms</u></p> <ul style="list-style-type: none"> • Shivering • Fatigue • Loss of coordination • Confusion/Disorientation <p><u>Late Symptoms</u></p> <ul style="list-style-type: none"> • No shivering • Blue skin • Dilated pupils • Slowed pulse & breathing • Loss of consciousness 	<ul style="list-style-type: none"> • Request immediate medical help <ul style="list-style-type: none"> • Move victim to warm area • Remove wet clothing • Warm center of body—chest, neck, head, groin <ul style="list-style-type: none"> • Have victim drink warm beverages without alcohol • When body temperature increases, keep victim dry and wrapped in a warm blanket—including the head and neck • Begin CPR if victim has no pulse
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